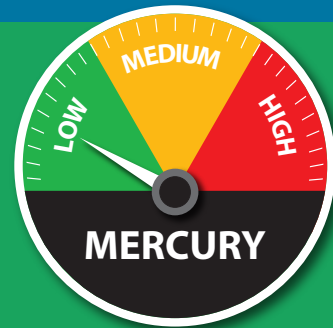


Eat Fish Safely

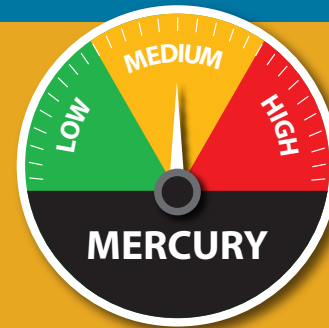
Sacramento River and Northern Delta



Eat More

Women 18–45
Children 1–17

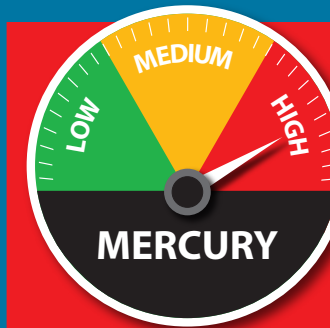
2 servings a week



Eat Less

Women 18–45
Children 1–17

1 serving a week



Women 18–45
Children 1–17

Do NOT Eat

Men age 18+
Women age 46+

7 servings a week

Men age 18+
Women age 46+

3 servings a week

Men age 18+
Women age 46+

1 serving a week **OR**
Striped bass —
2 servings a week



Rainbow trout



American shad



Chinook (king) salmon



Steelhead trout



Asiatic clam



Carp



Crappie



Hitch



Catfish



Crayfish



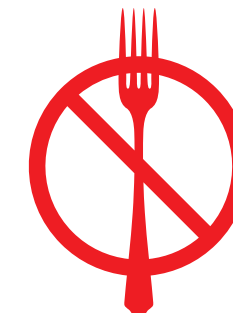
Sucker



Bluegill or
other sunfish



Hardhead



Bass



Striped bass



Pikeminnow



White sturgeon

Some fish have high levels of mercury which can harm the brain, especially in unborn babies and children.